



## Learn some self-defence like a bee!



Bees only sting as a last form of defence. Learn some self-defence

### Time



### Age

5 - 7  
7 - 11  
14 - 18

### Environment



### Equipment

Teacher

### Price



### Subject

P.E.  
Wellbeing

### Activity Type

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### Soft Skills

Communication  
Creativity  
Decision making  
Gross Motor Skills  
Independence  
Leadership  
Mental Health Awareness  
Problem solving  
Responsibility  
Self motivation  
Teamwork

